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Melting Self-Doubt & Insecurity Self-Help Worksheet

1. Ask yourself the following questions to enquire:

- a) How does self-doubt show up in your life?

- b) What has to happen for you to experience self-doubt?

- c) Who triggers self-doubt in you?

- d) When have you felt self-doubt before?

- e) What if you never doubted yourself, what would you experience?

f) Write down 3 specific examples when you have felt doubtful and insecure:

No.	When have you experienced doubt and insecurity?	How did/does it make you feel?	What number is it at?	Where in the body part do you feel it?
1				
2				
3				

g) Of the 3 examples, identify the first example you want to work on.

2. Once you have identified one example that you want to explore, now start tapping on the side of the hand (Karate Chop point) while saying your statement out loud: “Even though I experienced self-doubt and insecurity when _____ (what are you doubtful and insecure about) and I can feel it in my _____ (body part) _____ and it’s at a number _____ (add number) and it makes me feel _____ (feelings and sensations), I deeply and completely love and accept myself.”

3. Then tap on the facial and upper body points using the reminder phrase (the phrases that includes information on the story name, number and feeling) while saying the reminder phrases out loud:

- **Eye brow:** *I experienced self-doubt and insecurity when _____ (what you are doubtful and insecure about)*
- **Side of Eye/ Temple:** *I can feel it in my _____ (body part)*
- **Under the Eye:** *It’s at a number _____ (number)*
- **Under the Nose:** *It makes me feel _____ (feeling or sensation)*

- Chin: *In my* _____ (body part) *at a number* _____ (number)
- Collarbone: *Really* _____ (feeling or sensation)
- Underarm: *So* _____ (feeling or sensation)
- Thumb: *So* _____ (feeling or sensation)
- Index finger: *Doubtful and insecure because* _____
- Middle finger: *I feel it in my* _____ (body part)
- Little finger: *So* _____ (feeling or sensation)

4. Close the sequence by tapping on the side of the hand (Karate Chop point) while saying your statement out loud: *“Even though I experienced self-doubt and insecurity when _____ (what you are doubtful and insecure about) and I can feel it in my _____ (body part) _____ and it’s at a number _____ (add number) and it makes me feel _____ (feelings and sensations), I deeply and completely love and accept myself.”*

5. Then relax: Take a gentle breath in and out and then a sip of water.

6. Then ask yourself, *“What number is the self-doubt and insecurity at?”* If reduced to a level you feel happy with, you can stop. If you would like it to come down further, move to step 7.

7. Then ask yourself:

- What is left about the self-doubt and insecurity? (I feel doubtful and insecure because...)
- Where in the body do you feel it?
- On a scale of 1 to 10, what number is it at?
- How does it make you feel?

8. Repeat steps 2-6 till the charge on what made/makes you feel self-doubtful and insecure comes down.

9. Once this example is complete, go back and explore the remaining two examples.